Safe Bicycling

1. Wear a helmet.
2. Wear comfortable, brightly colored clothing.
3. Wear a reflective vest from dusk until dawn.
4. Use lights and reflectors from dusk until dawn.
5. Wear gloves; wear shatterproof glasses (UV/IR protective).
6. Check your tires for nicks, cuts and wear before each ride, and ensure the tires are inflated properly.
7. Make sure all the nuts, bolts and connectors are tight.
8. Make sure your brakes work and the cables are lubed.
9. Make sure the saddle is tight. Make sure the handlebar grips are tight.
10. Ride with a basic tool kit, basic first-aid kit, and some money for a phon or a cab ride if you run into trouble.
11. Bring water.
12. Never ride off-road alone.
13. Stay off sidewalks. Slow-moving pedestrians are as dangerous to you as you are to them.
14. When riding in the street, obey traffic signals and traffic laws.
15. Use hand signals when turning.
16. Make eye contact with drivers, pedestrians and other cyclists to be sure they see you.
17. Walk your bike across crosswalks.